BOB'S TALK - 10/6/90

Bob: You never know, you know. Clear liquids have different meanings to them. We did have a man who brought a bottle of gin and sat it on the table. You just don't know.

Well, I'm sure that you have been properly welcomed to our part of this area. I say ours, it's not quite true. We just happen to have some rooms here, and that's about it. But anyway, welcome. At least you got a pretty day to come by, didn't you. And hopefully it'll stay pretty. But that's the fun of it, incidentally. The weather changes are most fascinating. You certainly don't get too bored by the weather, as it were.

Anyway, my job is kind of a peculiar one, in this respect, because you got two very proficient tour guides back there. I didn't say flight attendants, now. And I'm sure that they have already begun to get you onto what I call the Freedom Route. Because that is what - the way I like to see it thought of. As a way to freedom in so many different forms, that it's almost impossible to describe them all at one sitting.

But there are certain facets to it that immediately you'll begin to see. And the key one that Karen was talking about, of course, is the whole basis of beginning to break down the fear barrier that you have. That we all have. And it's astounding the depth and strength of that fear barrier. But this is the greatest inhibitor to freedom that you can conceive of. And we don't know how much it is until we candidly admit to ourselves how deep it is.

The other part of it is that we are loaded with so many

influences, I hesitate to bring them up the first time we meet. Because you can say, well how can one do anything with all those influences controlling you? That's part of the problem. But, I have my fun right now. I have great difficulty connecting names with faces and radiations. So I have to go first and just give me your name and where you're from. (can't hear audience) Philadelphia? I haven't been there for a long time. Michelle? I have memories of Atlanta, but most of them have to do with the airport. What was the first name? Darryl? Been there once. From Baltimore? Gracious! I have a Baltimore story, you don't want to hear it. Because it's long gone by this time. If we have time, I'll get back to Baltimore.
(Scooter's note - this continues on a while. Have decided to save time and money and not transcribe this section of the introductions)

Well, it's getting hot for me, so I have to perform a ritual here. Then I perform another ritual. And what I do is I stand here, and this is a first step on that Freedom Route. Alright, here we go! (Claps hands) With that percussive sound, time does not exist from this moment on until the end of this session. This means you don't have to worry about when it's time to get up, or when it's time to go to bed, when it's time to eat, when it's time to conduct an exercise, you don't worry about that at all. Because somebody's going to even tell you when it's time to go to the bathroom - somebody will tell you when it's time to do. And to be sure you don't cheat, Robert's picking up the contraband. You hate it? You don't have a watch! And if you

got travel watches, and stuff, be sure they get picked up, too. Look at the payoff! Gracious sakes! No watch? You got no watch? Ah, good!

You'd be surprised how - this you'll immediately, very quickly, probably, if I keep talking much longer, you'll begin to look what time it is, getting bored. But that's the - the whole thing is I'm trying to help you understand, as you can obviously see, that there is an immediate approach that you begin to do with this whole system. Otherwise it won't work. And that's, have fun with it.

If you try to grab it like that, and do something, it won't work. It's so strange how that seems to be so vitally important. That you take that approach. And have fun with it. You can say, I can't force myself. You'd be surprised how easy it is, now that you're free of time, to have fun. It's those series of things.

There's some other factors, too. And that team, if they haven't told you already, I will let them reinforce it. Important key. We take very firmly the position that you can believe anything. But it's vital you know something instead of believing it. Knowing eliminates fear. Every belief has fear engendered as a part of it. Because if were 100% knowing, it would not have any fear as part of it.

So, virtually all belief systems have, partly, fear. Now we're designing and have put together and are working in this, is to help you remove fear from all of your sojourn here. And this is a tremendous fear-inducing system, in what you're in. So,

it's quite a trick. And we go back to another basic thing, as I'm sure they've said all this to you already. I gave them time to do it, anyway. We have no dogma attached to this, except for the possible thing - and that is, again, you only consider it. And that is that you are more than your physical body. Now that's just a thought. It isn't even a belief. One of the things that you'll conceivably discover along the way, because most do, is that this process will let you find out that you are more than your physical body. And I won't tell you how. You'll find out, you see. And then you'll know. I can say all these things, and you can say, Yeah, I believe it. But that's far different from knowing. And you're on a knowing route.

Take it a step further. These - you got to remember that knowing is a relative thing. For example, when you first came here, you were like a bunch of birds sitting on a wire. If somebody went "Boo!" you'd go dididoo! You're that built up with anxiety because, "What's going to happen? What's going to happen to me? I don't know, but I got to do it." You see the combination that you're faced with? That's the unfortunate and probably the fortunate thing about the unknown. Because fear is - of the unknown - what you know about you don't fear. So, there's always this element of unknown. And unfortunately, but happily, or whatever you'll call it, unknown and the fear produces excitement, don't you see? That's why we take risks. Because it's exciting. There's an unknown element in it. And so that's what tempts us all the way along is this concept of the unknown.

But, that also has a very bad thought. Bad, meaning non-constructive. Is that once you know about something, you get bored with it. And there's a certain element of truth to that, too, if you follow what I mean. See? So, this is where you are. You're on the beginning of this Freedom Route that first of all, begins to release these fear factors, these unknowns. Reducing them to knowns. And, I might add, it's so important that to pull away all the glitz and glitter and mystique and mythology from it, and get down to the real thing that you can put your foot on, and say, yeah, yes, that's true. There's a great difference. To have a very, very solid foundation on which to express that freedom. And that's a part of it.

Next item. All of what you will encounter, again, is up - all the decisions made in this learning process and the use of these tools that you will learn - those decisions are all yours. What you perceive is all yours. Why is this so very, very important? Because no one, and I'll just be emphatic about it, because it's so important - no one, not I, I would not want to have the responsibility, to have the authority over you. No one, not a lawyer, not a teacher, a minister, no one knows you better than you do. So, ergo, no one can make any decisions regarding you better than you can. Can you see what I'm getting at? You may not like some of the decisions that you know are the correct for you that you know. But you can't lay the blame off on anybody else. We have an old song around here that we wrote a couple of years ago, called "Ain't Nobody's Fault But My Own." And that's fine. And that's freedom, don't you see? The freedom

of knowing that you are the best judge of you, and what you need, and how you need to perform and be. There's no one that can do that better than you. That's what the freedom is - one of the freedoms is to exercise that knowledge.

So, if you wanted to bring gin in here in a bottle, that's fine. We don't care. It doesn't bother me. (Scooter's note: Yeah right, Bob!) So, we do have nice well water, you know. (Audience remarks I cannot hear on this tape. From here on, I will mark *** when someone is speaking, before his response.) *** Oh you do? I see. Well, we got some things on that. We'll give you some other kind of well water.

So think of that. And this is an important pattern in terms of that freedom. That 1) let's remove all the glitz and glitter and see things and perceive things as they really are. See them as they are related to you. Now, this, then - I give you things to consider, then - but you don't have to believe. But you can find out and know for yourself. That's my position. Inalterably. And the two young speedies back there, they, hopefully reflect that same thing. And that is, they - their job is only to help you learn for yourself. But not tell you what to learn. It's so important.

So, bearing that in mind, let's take a thing and say what is so important to create is what we call a Different Overview. And we call it your D.O. We get all these nice, stupid acronyms, and that's important to know. And this Different Overview takes certain positions. And one of them is, I guess they're ready for it - they look like a, feel like a bright group. Think of it

this way: that here we have a what we think we are, perceive we are as a form of energy that came to learn something here, or came to be here. Whatever you want to call it. And in order for this operation for us to assume and get into what I call this Earth Life System, we had to take up a physical body of some type. And in order to make us operate within that physical body, very neatly a tumor was put on top of the animal brain, which we call the human brain. And then, so, that's how we are able to get into this physical body. And so be in it and perceive it, and experience it, and learn from it. From that sojourn here.

So, with that in mind, think of you in a learning process. And what you are learning is something different from the ordinary impression of it. And yet it's so basic, you say well, yes. Think of the point that when you started this particular life sojourn, you were an empty book. And you began to accumulate experience. In accumulating this particular experience, you had all the input from all of your physical sensory experience. And you tried to express, and do still try to express through that. Now, when you, in turn, do this, this "Human" thought, idea, action, has to express itself through an animal body. So whatever you perceive, input, is distorted by an animal viewpoint. And whatever you attempt to express comes through from the mammalian brain on downward, if you want to put it that way. You are expressing through a system called, I like to call the Animal Sub-self. And therefore, whatever you attempt to do gets distorted.

You have a nice, beautiful idea here. But by the time it

gets down here, it says I got to have sex with her. Do you understand what I mean? You see how it works? This is simple. This is why - think of that acronym, Animal Sub-self, an acronym for it, and you can see how this gets expressed through you. Alright. She didn't believe me!

So, if you think of - that is - you don't have to - but you'll see how neatly that this type of approach works. And how frustrating and how much fun both of them all can be. But that's what you are. You are an intelligent - an animal where a form of intelligence has been inserted into it. And we keep talking about aliens and all these kinds - who do you think the alien is? US! We're an alien to this Earth-Life system. We don't belong here! Our ideas are entirely different. We like the trees and nice roads. And the Earth-Life system likes them all like this - everything! And the biggest thing, of course, is that in the Earth-Life system we have a heavy imprint that says, Survive! It's printed right across our whole animal system. And that means physical survival, don't you see? That's heavy label. And so, we have to respond to that animal command, that animal imprint of Survive.

And that system says, first of all, survive as an individual so t hat you can reproduce the species. To heck with anything else, you see? And that's the basic rule. So we attempt to express all these things through this system, which is this Earth-Life system. And then we come into some very unfortunate things that we don't believe in. For example, the Earth-Life system says, well, if it's not operational, to heck with it. Let

it go back to dust, or let somebody else eat it, you know. This is basically the way it works. In order to be existent in this system - and these are things you don't like, but they're real. Find out for yourself, again.

All life here acts upon predation. In other words, we're all predators. We don't like to admit, you know. We're too noble to be that. But you say, "Well, I don't eat meat, I'm not a predator." Well, do you eat fish? "Well, that's a little different." Well, it was a living thing. "Well, no . . ." They get down finally to "I'm a vegetarian." But you still are eating what was living, a living mechanism, you see.

So, you can't be here without being a predator. And you live with that. That's not a bad thing. That's part of this system. You see the difference? Yet, clean away all this stuff and stand on some solid ground. The only question is then you, as a human consciousness, begin to control that predator drive in you, to make it do the things that you would want to do, as against the things that it would, might force you to do. And there's a difference. And that's what it's all about.

This is why, as a human consciousness, what we learn, key thing that we learn, and we find out we came to get it here, here it is. And that is the very thing that is so very treasurable and often is cast aside in this mystique of altered states of consciousness. You know what it is? The thing that's going to put you way ahead is your intellect. Is your "left brain." Is your analytical ability. That's what's going to do it in the end. You can wallow around in all this intuitive, happy stuff.

Oh, isn't that wonderful - feels great! in this great macro experience, that's fine. But what makes it perfect, vital, is that after a bit, after you've got this going very nicely, for your left brain to suddenly say, "Hey, what's going on here?" And reach in, and begin to understand this from that analytical, intellectual you. And that's the great thing that you can do with this. Is learn it that way.

So you start, and go to Focus 10. Have a wonderful time in Focus 10. Oh, this is great! Just slaver all over the place. And then at the proper moment, let your left brain _____? in and say, "Hey, what?" And let it begin to work it. And then it solidifies. That's the foundation. That's knowing. And it works, believe me. But that something you can play on.

Alright, does that help a little bit? No. But you understand, it frees you. That's a part of that freedom from all this - you can use all sorts of phrases, if you want. But of all this stuff that covers it over, so that you can't really see it and perceive it as it actually is. And so that you can wipe away all the illusions, and not (?).

Take the next step, and then I'm going to have my fun. The next thing is, of course, think of it this way, and you can see how the breadth of this route that you're taking. That here we are now. And we are operating in a, what I call, what else can you call it? A time/space part of a spectrum of consciousness. And the consciousness, and that's a poor word for it, but it's the only one I got - is a spectrum that moves on endlessly. So, that here we are - all of us, hopefully, maybe somebody's half-

asleep by now, I wouldn't be surprised. We are focused in time/space, and we are in phase with time/space. Our consciousness is in phase with that. Our mind is phased in. We have a focussing mechanism we call a physical body that let's us be aligned in time/space.

Now, the moment that you become anything less than intent, and I think somebody was yawning here a minute ago, so you see, we need to get a little bit out of phase. If you started thinking, well, did I leave the oven on when I left the house? And you begin to think about that, and you're immediately, slightly out of phase with this time/space, because you're more into thought. Moving in phase relationship, so you're more here, but some a little bit there. You keep moving that more and more in a phase relationship until - this is the trick - I'm leading up something, I hope - that we normally think that when we "lose consciousness" here, we are out of phase. But we have lost consciousness when we go to sleep, or when we get a blow on the head, or we drink too much booze, or something like that. We lose consciousness.

Now, what you're going to learn is that it ain't so. Because consciousness is a continuum. And so, what you'll be playing with are states of consciousness that normally we would think of as being asleep. Alright? I think that Karen probably just told you that a Focus 10 is a Mind Awake, Body Asleep. And it happens again and again. People get angry because someone's in their CHEC unit and - because they're snoring. And they stop snoring long enough to tell you this. Strange. Mind Awake. But

their mind is awake. And that's a great, great discovery in this whole system. But that's normal. You see, this is the thing. This is what took us a long time to get to that place where you know it's something so obvious here. And _____? you're looking around. What we've been doing all these years, and it took some EEG studies to prove it - we finally got a 20 channel EEG a couple of years ago, and that began to really verify what we are doing, and have been doing for years, is consciously and willfully exploring states of sleep. Where normally you would be unconscious, you're taking your consciousness into this.

So, what you're doing is a very, very normal function. You're only doing it now under your conscious control. Can you see the difference? And that's what it is. So, it isn't some mystical, unusual, terrible, foreign thing. You've been doing this all the time.

And now, for the first time, you're going to learn how to control it. This depth of sleep. Fascinating? Alright. Let me show you how this works. (flips flip chart). Here's what I was ____? phased in here. Here is inattention here. Here's meditation, in here somewhere is Focus 10, for example. And this is also into what is called Stage One sleep, quite significantly into it. The EEG shows it, that's the point. And moving into here, here you have illness which will cause loss of consciousness. So will alcohol and drugs, will do the same thing. What we call loss of consciousness. But, historically, this is very easily to put the square peg in the square hole, and find out that you can't see this at all, can you? (referring to a

participant) That during these stages in here, there - the whole thing is, they're out of control. What you're doing is putting them in control. See the difference? You're putting them in control. So, here's Focus 12, Focus 15, all of these dwell, for example, certainly Stage Two sleep. You can verify it. Here's Focus 15. This is in Stage Three sleep. Here's normal sleep, is all part of this, too. We used to think of - but this is what we call now Delta sleep. In other words, and you'll be playing around in what is normally Delta sleep. You'll be able to be fully operational in that. And that's a part of this action.

And you've been doing it every night for, since the day you were born! That's the funny thing. Now you're going to learn how to control it. Easily and effectively. And have a lot of fun doing it.

So, here's the out-of-body. And mind you, this is a phase relationship. When you're in this Delta sleep here, for example, you are maybe - numbers don't mean anything - 30% of your consciousness is here, and the other 80% is over here. See, it's that duality. Very important that you understand that duality system. Because there's another side to this that's equally important. When you begin to think of phase relationships, where you are perceiving two things simultaneously, this happens inadvertently to many, many hundreds of thousands of millions of people. Do you know what they call it when it happens?

They have various names for it. Dementia, psychosis, schizophrenia. Where people cannot tell the difference between these two, don't you see? They are perceiving this phase, say,

at the same time, and it's so different from this relationship, that they see this person sitting there, which is a part of this phase relationship, this one here, it doesn't work.

So, they try to integrate it without any knowing of what it the relationship of what is between those two. And it just doesn't work. So they end up in institutions. And now institutions have a neat way of doing it. They simply have a 15 minute - they're pharmacists, you know, now. So, they have a 15 minute interview, and here's someone in a tremendously psychotic state. Here - take this, and take this twice a day. In other words, that's the direction that psychiatry is going. Is, treating it by use of drugs. And we wonder that we have a drug culture?

Anyway, so, as you can see how this works, here is a - states of coma, and so on - what you're learning to do is to explore all of those with <u>you</u> making the decision. Your mind consciousness going on that whole span of learning how to do this. And you control it at any time. That's the difference. And this is something that you have been doing all your life. Only this time you're learning how to control. It takes all the glamour out of it, doesn't it, huh? It takes all the mystique. Nothing fancy, nothing new about it at all. Very true.

And to show you how nothing new out of it at all works, let me show you how a reality. (End side 1)

Day 6 -

I have a little gift for you tonight -

1st gift is Moscow Slang - Take home + have fun w it.

Nekboom boom moscowite slang -

"The guy behind you doesn't know what the hell he's talking about"

Hand to you - toys to play with -

Punched a few holes in your suit -

12 - 15 - 21

As you are lying there fully conscious -

raise your arms up together

practice doing this - you will find it easy to do

push past the surface tension -

Glowing outline

Tremendously elastic - stretch to the ceiling

Energy self - rolling out of phase -

45 to 90 180°

The further out of phase w the physical the less it remembers -

Teardrop -

One of the things you'll realize

You will in no way cease functioning as an intelligence

when your physical activities here are through

You will survive physical death - like it or not regardless of your belief

Ultimate J is designed to intersperse another look at myth -

Scrape away the barnacles - Help those who are short timers to establish Beachheads

Give hospice a set of tools to help that individual to make the passing.

Living in the most exciting pinnacles of Human Consc.

To live what humans will work through

Exciting prospect - exciting world

Fully convinced a great post mass of speakers who have come just to be here

when all this takes place -

Something is happening - an immense wave of changes in HC.

Channeling - over 300 manuscripts - voices from there - in the last 2 yrs.

Tarrytown Newsletter published a survey on new lifestyles - communities being built

What's going on? Danger opportunity - Within upcoming time there is a crisis

Crisis in human consciousness - within that is great danger + opportunity - as 2

two energy fields are intersecting - Take advantage of the opportunity which will

Create a new type of human - a super human. We as operating intelligence can

take advantage of it.

Day 6

H Plus - aimed at putting HC on the road to Super Human.

Control your emotions - sensory input.

You control you

H Plus is ongoing -

Anything that can happen once can happen twice

" that can happen twice can be taught & learned.

H Plus -

This is your beginning - it will be a tremendous waste if you don't apply these tools you have learned

OC's - It's a sort of club - wonderful warm intimate club -

It begins now for you. Not then but now

Concept - penetration of technology & inspiration

Penetration taking place -

Unknown in your life - sleep -

Scientifically haven't gotten to the bottom of it -

Daily penetration taking place in your life.

ideas
Day dream
inspiration
intuition
induced states - self or otherwise - drugs hypnosis ↑↓

Taking place in your life every day -

1/3 of your life - Dreams being moved & educated in Non Verb comm.

part of dream state is

Lucid dreaming - near identical to Focus 15 -
To be able to be awake & control the dream state.
Blackness of Focus 15 is the same - initial entry is nothing is happening

N.D. Exp - 2 way penetration

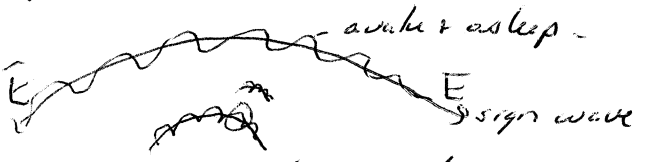
OB state - induced state that lets you explore make contact.

Exit - and you are in that other reality -

Begin to perceive this from another perspective in your daily life.

Change in wave form - sign wave - convert to a square wave.

Most sig. in order to understand - Causes wave concept



Consciousness is flicking at a given frequency -

Below the line is there - what's happening there - go find out.

Gateway format - you are reaching into your consciousness there & changing it.

21 - Borderland between here + there

Whatever your need is - express it there